

# Vi-Shape® Body by Vi™ Meal Guide



Body by Vi™ gives you a daily meal plan with satisfying variety which is key to your success. You have 3 options to create your daily meals whether your goal is controlling your calorie intake for weight loss or for weight management. Plus, we provide you with a variety of tasty snack selections. The meals and snacks together with Vi-Shape® shakes help you feel full and satisfy your hunger.

## 3 Weight Loss Options

Morning Meal + Snack + 233 cal Vi-Shape shake + Snack + 233 cal Vi-Shape shake + Snack

—OR—

233 cal Vi-Shape shake + Snack + Afternoon Meal + Snack + 233 cal Vi-Shape shake

—OR—

233 cal Vi-Shape shake + Snack + 233 cal Vi-Shape shake + Snack + Evening Meal

## 3 Weight Maintenance Options

233 cal Vi-Shape shake + Snack + Afternoon Meal + Snack + Evening Meal + Snack

—OR—

Morning Meal + Snack + Afternoon Meal + Snack + 233 cal Vi-Shape shake + Snack

—OR—

Morning Meal + Snack + 233 cal Vi-Shape shake + Snack + Evening Meal + Snack

## Snacks

Did you know fruit can taste better when blended in a Vi-Shape® shake? You can also have additional exciting and satisfying flavour by adding a Vi Shape® Mix-in to your shake. Create your own custom blends.

1 apple, 15 raw almonds	4 celery sticks, 2 tbsp peanut butter	1 cup 1% cottage cheese, ½ cup blueberries
1 cup raw carrots, 1 tbsp ranch dressing	½ cup walnuts, ½ orange, 1 cup skimmed milk	¾ cup low sugar cereal, 1 cup skimmed milk
1 cup 1% cottage cheese, ½ cup sliced strawberries	12 pita chips, 3 tbsp hummus	10 raw almonds, 1 pear
1 cup unsweetend apple sauce, 15 raw almonds	1 cup 1% cottage cheese, ½ cup blueberries	1 string cheese stick, 1 small apple
1 cup 1% cottage cheese, 1 apple	1 apple, 1 tbsp peanut butter	4 celery sticks, 2 tbsp peanut butter
1 cup 1% cottage cheese, ½ cup grapes	¾ cup multi-grain cereal, 1 cup skimmed milk	2 slices turkey lunch meat, 1 slice Swiss cheese
1 Nutra-Cookie™	2 sticks mozzarella string cheese	4 oz. tuna, 1 tbsp mayonnaise

## Morning Meals

- 1 cup 2% cottage cheese, 1 cup of strawberries
- ½ bagel with 2 tbsp cream cheese, 1 medium orange
- 3 egg white omelette with ½ cup sliced mushrooms, ¼ cup diced onions, 1 oz. low fat mozzarella and 1 small banana sliced with ½ cup strawberries
- Porridge oats, 1 cup skimmed milk, 50 raisins, dash of cinnamon
- 1 cup low fat Greek style yogurt, and ½ cup blueberries, ½ peach slices, ¼ cup walnut halves
- 1 hard boiled egg, 1 piece whole wheat toast, 1 tbsp jam, 1 cup skimmed milk
- 1 Nutra-Cookie™ with a glass (240 ml) of 1% milk and 1 small apple

## Afternoon Meals

- 3 oz. chicken (no skin), ½ cup carrots cooked, side salad with 2 tbsp vinaigrette dressing, ½ cup pasta with ¼ cup tomato sauce
- 3 oz. grilled ahi tuna with salad (Niçoise), 1 cup green beans
- 3 egg white omelette with ½ cup sliced mushrooms, ¼ cup diced onions, 1 oz. low fat mozzarella, 2 slices of turkey meat and side salad with 1 tbsp ranch dressing and cup of skimmed milk, 1 slice whole wheat toast with 1 tbsp margarine
- 3 oz. chicken (no skin), 1 medium baked sweet potato, side salad with 2 tbsp vinaigrette dressing, ½ cup pasta with ¼ cup tomato sauce
- 4 oz. pork tenderloin, 1 cup green beans with 1 tbsp margarine, side salad with vinaigrette
- 4 oz. salmon, 8 spears asparagus, side salad with vinaigrette, 1 cup raspberries
- 1 medium baked potato, 1 cup salsa, ¼ cup cheddar cheese, side salad with vinaigrette
- 4 oz. sliced beef sirloin, ½ cup green peppers sliced, ½ cup red peppers sliced, ½ onion sliced, 1 tbsp olive oil to stir fry, ½ cup cooked rice

## Evening Meals

- 3 oz. chicken (no skin), ½ cup carrots cooked, side salad with 2 tbsp vinaigrette dressing, ½ cup pasta with ¼ cup tomato sauce
- 3 oz. grilled ahi tuna with salad (Niçoise), 1 cup green beans
- 4 oz. beef sirloin sliced, ½ cup green peppers sliced, ½ cup red peppers sliced, ½ onion sliced, 1 tbsp olive oil to stir fry, ½ cup cooked rice
- 3 oz. chicken (no skin), 1 medium baked sweet potato, side salad with 2 tbsp vinaigrette dressing, ½ cup pasta with ¼ cup tomato sauce
- 1 pork chop, side salad with 1 tbsp ranch dressing, 1 baked sweet potato with 1 tbsp margarine
- 4 oz. salmon, 8 spears asparagus, side salad with 1 tbsp vinaigrette, 1 cup raspberries
- Chicken salad with 4 oz. cooked chicken, ¼ head romaine lettuce, 1 tbsp ranch dressing, 1 cup red pepper, 4 slices onion, ¼ cup walnuts, ¼ cup shredded cheddar cheese

For additional copies download at [vi.com](http://vi.com)